

## APPETIZERS

- \* **CAPTAIN'S BANANA PEPPERS** ..... 7.95  
A Captain's Quarters favorite! Mild Banana peppers house breaded and fried, served with bistro and marinara dipping sauces
- NEW **DOLMATHES (STUFFED GRAPE LEAVES)** ..... 6.95  
A blend of ground beef, raisins and rice rolled in tender grape leaves and baked in a fresh tomato sauce
- WARM SPINACH DIP** ..... 7.95  
Served with fresh tortilla chips and parmesan bread sticks
- NEW **CHICKEN WINGS** ..... 6.95  
Tossed in your choice of Buffalo sauce, Jerk seasoning or Korean BBQ sauce. Served with celery and chunky bleu cheese dressing
- GREEN CHILI WONTONS** ..... 7.50  
Crispy wontons stuffed with green chilies and jalapeños. Served with sour cream and guacamole
- \* **TUNA TATAKI** ..... 10.95  
Dusted in cracked black pepper and lightly seared. Served over a bed of greens with Sriracha, pickled ginger, wasabi and soy dipping sauce
- CALAMARI** ..... 8.50  
Tender fried calamari rings tossed with diced tomatoes, banana peppers, black olives, parsley and Parmesan cheese, served with marinara and sweet chili sauce.

## SOUPS & SALADS

Dressings: Zesty Ranch, Bleu Cheese, Honey Mustard, Wild Raspberry, Olive Oil Vinaigrette, Balsamic Vinaigrette, Garlic Parmesan, Fat free Tomato Basil

- CQ CLAM CHOWDER** ..... 5.50  
Our creamy, made from scratch, clam chowder served in a bread bowl
- NEW **LOADED BAKED POTATO SOUP** ..... 5.50  
Served in a bread bowl
- MARINA HOUSE SALAD** ..... 5.25  
Petite chopped Romaine lettuce tossed in creamy Parmesan dressing. Tossed with cucumber, tomato, chopped bacon, grated Parmesan and crisp fried pasta strips
- NEW **BLUE CHEESE & CRAISIN CRUMBLE SALAD** ..... 9.95  
Romaine lettuce tossed with a lemon pepper vinaigrette. Topped with bleu cheese crumbles, toasted almonds, raisins, diced red onion and granny smith apples
- CONTEMPORARY CAESAR SALAD** ..... 8.25  
Whole hearts of Romaine topped with shredded Parmesan, Anchovies, drizzled with a light Caesar vinaigrette  
Add grilled chicken (\$11) or Grilled Salmon (\$14)
- \* **COBB SALAD** ..... 11.95  
Chopped Romaine and Ice burg lettuce topped with bacon, diced eggs, tomato, shredded jack cheese and fresh grilled chicken breast
- GREEK SALAD** ..... 9.00  
Chopped Romaine with Kalamata olives, tomatoes, cucumbers, Feta cheese, roasted peppers and shaved red onions tossed in our extra virgin olive oil vinaigrette  
Add grilled chicken (\$12) or Grilled salmon (\$14)

## PIZZAS

- PEPPERONI AND SAUSAGE PIZZA** ..... 9.95  
Crumbled Italian sausage, sliced pepperoni and banana peppers.
- NEW **WHITE** ..... 9.95  
Brushed with garlic oil and topped with spinach, mozzarella cheese and dollops of Ricotta cheese
- CANADIAN BACON & PINEAPPLE** ..... 10.75
- BARBEQUE CHICKEN** ..... 10.75  
Diced chicken, pineapple chunks, sauteed sliced onions
- \* **CHICKEN, BACON AND RANCH** ..... 10.75

## SANDWICHES

<b>NEW GRILLED PORTABELLA</b> .....	8.95
Grilled portabella mushroom on herbed Focaccia bread with spring mix, shaved red onion, roasted red peppers and pesto aioli. Served with sweet potato fries	
<b>FISH TACOS</b> .....	9.95
Broiled marinated Tilapia served on flour tortillas with shredded cheese. Served with Black bean and corn salsa, pico de gallo, purple cabbage slaw and sliced avocado	
<b>SHAVED CORNED BEEF REUBEN</b> .....	8.95
Thick marbled rye toasted and loaded with shaved corned beef, sauerkraut, Swiss cheese and thousand island dressing	
<b>NEW MEAT LOAF SANDWICH</b> .....	7.95
A thick slice of meat loaf smothered in tomato sauce and served on a toasted Ciabatta roll. Served with sweet potato fries	
<b>* COD SANDWICH</b> .....	9.50
Hand breaded Atlantic Cod sandwich served with cole slaw & Kettle chips	
<b>NEW STEAK QUESADILLA</b> .....	9.95
Stuffed with cheese, grilled sirloin steak, mushrooms and grilled red onions.	
<b>GRILLED CHICKEN WRAP</b> .....	7.95
Grilled chicken breast in a whole wheat wrap with fresh salsa, romaine, jack cheese and chipotle mayo. Served with warm tortilla chips	
<b>GRILLED RIB-EYE SANDWICH</b> .....	10.50
Choice grilled Rib-eye steak sandwich served with kettle chips	
<b>HARROD'S TAVERN BURGER</b> .....	8.50
Grilled to your liking over an open flame, served with kettle chips.	
BLACK & BLEU: topped with crispy chopped bacon and creamy bleu cheese crumbles \$9.75	
WESTERN : Tangy BBQ Sauce with sauteed onions and mushrooms and melted Swiss cheese \$9.50	
THREE CHEESE: Swiss, Cheddar and American \$9.50	

## DESSERTS

<b>OVERBOARD SUNDAE</b> .....	7.75
Warm brownies with hot fudge, vanilla ice cream, roasted peanuts and whipped cream. Great to share with 2-4 people	
<b>NEW CHOCOLATE CREME BRULE</b> .....	6.50
<b>KERNS KITCHEN DERBY PIE</b> .....	4.95
Local favorite baked by Kerns Kitchens, a warm rich chocolate nut pie topped with whipped cream	
<b>NEW PEANUT BUTTER TRUFFLE TORTE</b> .....	6.50
Creamy rich peanut butter ganache layered with chocolate ganache and whipped cream topped with a chocolate sauce	
<b>NEW POUND CAKE WITH CARAMEL ICING</b> .....	4.95

## SIDES

<b>STEAK FRIES</b> .....	2.50
<b>SEASONAL VEGETABLE MEDLEY</b> .....	2.50
<b>COLE SLAW</b> .....	1.95
<b>HARVEST WILD RICE</b> .....	2.25
<b>SWEET POTATO FRIES</b> .....	2.50
<b>ONION RINGS</b> .....	2.75
<b>SAUTEED ASPARAGUS</b> .....	3.50
<b>SWEET POTATO MASHED</b> .....	2.50

# SUNDAY BRUNCH

Please join us for a relaxing Sunday Brunch featuring omelet and carving stations, waffles, fried chicken, steamed shrimp, seafood entree, sides, desserts, pastries and so much more!! Served year round on Sundays 10:30--2:30 Adults \$17.95, Children 4-12 \$8.95

\* DENOTES A CAPTAIN'S QUARTERS FAVORITE

## ENTREES

<b>NEW</b>	<b>LOBSTER TORTELLINI</b> .....	17.95
	Maine lobster meat, cheese filled tortellini, Boursin 5 cheese sauce, topped with shredded Monterey Jack cheese and broiled golden brown	
<b>*</b>	<b>KENTUCKY HOT BROWN</b> .....	11.95
	Voted 2nd best in the US by Southern Living Magazine. Fresh roasted turkey country ham, sliced tomato and crisp bacon over toast points topped with mornay cheese sauce, parmesan and Monterey jack then broiled.	
<b>NEW</b>	<b>SESAME ENCRUSTED SEA SCALLOPS</b> .....	17.95
	Served with julienne vegetable salad and peanut sauce	
<b>*</b>	<b>PAN SEARED CHICKEN AND PASTA IN A SPICY CREAM SAUCE</b> .....	13.95
	Olive oil seared chicken breast, al dente penne pasta, bell peppers and slivered onions tossed in a slightly spicy white cream sauce	
<b>NEW</b>	<b>BACON WRAPPED PORK TENDERLOIN MEDALLIONS</b> .....	16.95
	Topped with cilantro chimichurri and black bean and corn salsa. Served with smashed sweet potatoes	
	<b>FILET MIGNON</b> .....	28.95
	Choice 8oz seasoned filet grilled to your liking and topped with a Boursin cheese sauce, served with a potato, mushroom and spring onion hash	
	<b>TERIYAKI SALMON</b> .....	17.95
	Pan seared fresh Atlantic Salmon with teriyaki glaze served over harvest wild rice with a seasonal vegetable medley	
	<b>WASABI ENCRUSTED AHI TUNA</b> .....	22.95
	Served with Thai mango rice noodle salad and soy dipping sauce	
	<b>STEAMED WHOLE LOBSTER</b> .....	24.00 lb.
	Fresh from our lobster tank, steamed and cracked in our kitchen served with drawn butter, garlic mashed potatoes and sauteed vegetables.	
<b>NEW</b>	<b>EGGPLANT AND PORTABELLA PARMESAN</b> .....	13.95
	Breaded and fried sliced portabella and eggplant topped with marinara sauce and parmesan cheese. Served over linguini noodles	
	<b>COASTAL COMBINATION PLATTER</b> .....	18.95
	Our hand breaded cod, shrimp and scallops, cole slaw and steak fries served with tartar and cocktail sauce	